



 **10%**
HEALTH SCORE

Watermelon, Kiwi, Apple and Frozen Banana Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.3 cup apple juice chilled
- 1 banana frozen ripe cut into chunks
- 2 ice cubes
- 1 kiwi fruit peeled cut into pieces
- 1 cup seeded/seedless watermelon coarsely chopped

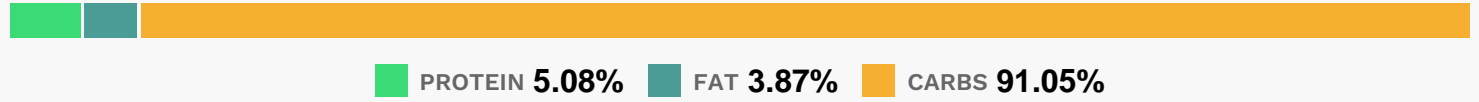
Equipment

- blender

Directions

- Place all ingredients in the blender and blend until smooth.
- Pour mixture into glass and enjoy!

Nutrition Facts



Properties

Glycemic Index:74.29, Glycemic Load:9.75, Inflammation Score:-4, Nutrition Score:5.5317391304348%

Flavonoids

Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Taste

Sweetness: 100%, Saltiness: 0.87%, Sourness: 48.63%, Bitterness: 18.7%, Savoriness: 6.67%, Fattiness: 27.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 77.31kcal (3.87%), Fat: 0.37g (0.56%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.2g (6.25%), Sugar: 12.66g (14.06%), Cholesterol: 0mg (0%), Sodium: 3.71mg (0.16%), Protein: 1.08g (2.16%), Vitamin C: 30.37mg (36.81%), Vitamin K: 12.47µg (11.88%), Vitamin B6: 0.19mg (9.47%), Fiber: 2.18g (8.71%), Manganese: 0.17mg (8.52%), Potassium: 278.49mg (7.96%), Vitamin A: 340.06IU (6.8%), Magnesium: 21.67mg (5.42%), Copper: 0.1mg (4.83%), Folate: 17.27µg (4.32%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.46mg (3.07%), Vitamin B2: 0.05mg (2.97%), Vitamin B1: 0.04mg (2.76%), Phosphorus: 25.99mg (2.6%), Vitamin B3: 0.48mg (2.4%), Calcium: 18.06mg (1.81%), Iron: 0.32mg (1.79%), Zinc: 0.16mg (1.05%)